

W.F. Recreation Center
10th & Indiana
Phone: (940) 761-8887



On the web at www.wichitafalltx.gov & on facebook at 50 Plus Zone of WF

*****ATTENTION: ALL MEMBERS MUST SCAN THEIR MEMBERSHIP CARD IN AT THE DESK ON EVERY VISIT!*****

NEW Hours:
Monday through Friday
7:30 a.m. - 7:30 p.m.

Issue 207

City of Wichita Falls Parks & Recreation

May 2015

MAY BIRTHDAY PARTY, BRUNCH & HEALTH TALK Tues. May 5th 10:30am Zone Ballroom (216)

Speaker: Dr. Katcury
Topic: Osteoporosis

Menu: Sausage, egg & cheese
breakfast casserole, fresh fruit &
fruit juice. **Casserole & Fruit**

Sponsored by: IntegraCare
Hospice and Home Health
Cake Provided by:


STERLING HOUSE
BROOKDALE SENIOR LIVING

Friday Night Live Band Dances
Every Friday 7-10 pm
Cost: only \$6 per person
(\$1 discount for Zone members)
May 1st- Rusty Nail Band
May 8th- Lone Star
Troubadours
May 15th- Southern Rain
May 22nd- Red Door Band
May 29th- Smokin' Ace Band

NO Computer Classes
May and June
Computer Instructor will
be on vacation. Classes
will resume Tues 7/7/15



BINGO at the Zone
Cash Bingo
Fridays
2:00 pm

FREE! PRIZE
BINGO

TUESDAY, May 5th & 19th
9:00 - 10:00 am - ROOM 216

Sponsored by:
BEST CARE HOME HEALTH
TUESDAY, May 12th & 26th
9:00 - 10:00 am - ROOM 216

Sponsored by:
Senior Care Health
& Rehabilitation Center
Fridays at 9 am
Sponsored by:
Horizon Bay

Hawaii has come to the 50 Plus Zone!
Join us for a delicious Luau Feast,
Island Music, and Hula Lessons!!!

Reservations Required!
Sign up by Monday May 25th at
the 50 Plus Zone Staff Desk!!!



Thursday May 28th,
August 16th

5:30 PM - ZONE BALLROOM

\$5.00 PER PERSON

MENU:
Hawaiian chicken,
rice, tossed salad,
fruit salad, iced tea
& Pina Colada Cake



Fitness Classes

Classes Held in Room 201

"Morning Workout"

9-10 am Mon- Fri.

"Zumba"

10-11 am Mon & Wed.

"Walking Workout"

8:30-9 am Mon, Wed, Fri
& Tues, Thurs, Fri. 10-10:30 am

"Gentle Yoga"

10:30-11am Tues. Wed & Fri.

"Evening Zumba Gold"

5:15 pm Tues & Thurs

Room 202 (Poker room)

"Drumming for Fitness"

1:30-2:30pm Mon. & Thurs

Room 201

"Drumming For Fitness"

5:15-6:15pm Mon & Wed.

Room 208A

Chair Exercise Classes
Held in room 208B (movie
room)

"Chair Yoga"

9 am Mon, Wed, Fri

"Chair Pilates"

9 am Tues & Thurs

"Stronger Seniors"

10:30 am Mon thru Friday

COMMUNITY CLASSROOM:

Monday, May 18th - 10am

50 + Zone Ballroom 216

Topic: "Preventing Falls"

Presented by: Specialty Nurses

FREE Bridge Lessons

New Session begins Apr. 7th!

Tuesdays

1:30 pm Room 212

Scheduled Bridge Times (all held in Room 212)

Mon & Wed Noon-4pm

Thursday 10am -3pm

New Time: Friday 1:30-4:30pm



TUESDAYS

1:30 pm & 5:15pm

May 5th

"Kidnapping Mr. Heineken"

Rated "R"-95 min.

May 12th

"A Most Violent Year"

Rated "R" - 125 min.

May 19th

"Spare Parts"

Rated PG-13 154 min.

May 26th

"Taken 3"

Rated PG-13-95 min

THURSDAYS

1:30 pm & 5:15 pm

May 7th

"Love Rosie"

Rated "R"- 102 min.

May 14th

"Still Alice"

Rated: PG-13 99 min

May 21st

"50 to 1"

Rated PG-13 110 min

May 28th

"The Immigrant"

Rated "R" -120 min.



NEW RELEASE FRIDAY

1:30 pm & 5:15 pm

May 1st

"Interstellar"

Rated PG-13 169 min

May 8th

"The Hobbit: The Battle of
the Five Armies"

Rated PG-13 144 min.

May 15th

"Exodus (2014)"

Rated PG-13-151 min.

May 22nd

"Selma"

Rated PG-13 -128 min

May 29th

"Unbroken"

Rated PG-13 -138 min



KARAOKE

Come sing with us 3 times a week!

Mondays 2:00 - 4:30 pm

Tuesdays 2:45 - 4:30 pm

Thursdays 1:30 - 4:00 pm